



MARCH 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	2 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	3 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	4 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	5 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	6 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	7
8	9 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	10 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	11 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	12 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	13 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	14
15	16 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	17 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	18 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	19 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	20 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	21
22	23 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	24 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	25 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	26 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	27 "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	28
29	30 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	31 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule	Services: Howard County <ul style="list-style-type: none"> Peer Counselor support Group BF Classes Individual BF Classes Electric pump demo Loaner Electric Pumps for moms returning to school/work Returning to work/school BF classes 		To Contact a Breastfeeding Counselor near you: Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 Howard County WIC Program: (410) 313-7510



APRIL 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Services: Howard County <ul style="list-style-type: none"> Peer Counselor support Group BF Classes Individual BF Classes Electric pump demo Loaner Electric Pumps for moms returning to school/work Returning to work/school BF classes 		Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule	1	2 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	3 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	4
5	6 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	7 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	8 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	9 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	10 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	11
12	13 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	14 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	15 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	16 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	17 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	18
19	20	21 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	22 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	23 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	24 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	25
26	27 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	28 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	29 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	30 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	To Contact a Breastfeeding Counselor near you: Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 Howard County WIC Program: (410) 313-7510	



MAY 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Services: Howard County <ul style="list-style-type: none"> Peer Counselor support Group BF Classes Individual BF Classes Electric pump demo Loaner Electric Pumps for moms returning to school/work Returning to work/school BF classes 		Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule	To Contact a Breastfeeding Counselor near you: Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 Howard County WIC Program: (410) 313-7510		1	2
3	4 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	5 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	6 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	7 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	8 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	9
10	11 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	12 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	13 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	14 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	15 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	16
17	18	19 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	20 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	21 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	22	23
24/31	25	26 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	27 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	28 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	29 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	30

